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DATE NIGHT
WRITE A SONG TOGETHER AND OTHER LOW-COST IDEAS {page 22}



DR. OZZY
PRINCE OF DARKNESS TALKS HEALTH {page 12}



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Time. Travel



▶ People take a tractor-pulled hayride around Fanshawe Pioneer Village yesterday during Fall on the Farm.

ANGELA MULLINS/METRO

Village feast closes Pioneer season

The exhibit was designed to teach people how the fall harvest would have played out for villagers in the 1800s and early 1900s. To find out more about the weekend feast, check out our coverage of Thanksgiving in the village on page 2.

Teen-mom centre asks for help

Creating 'awareness' about facility key to keeping doors open: Office manager

At its roots, the Salvation Army's Bethesda Centre is about hope.

Hope that pregnant teenagers can get their lives back on track. Then there's the sheer reality of the London maternity home for girls 13 to 17.

"A lot of them have nowhere else to go," office manager Dajana Turkovic said last week. "A lot of our girls would be on the street if they weren't here."

After offering a safe haven for more than 20 years, Turkovic and others are worried that Bethesda's days are numbered because of budget cuts.

Many of the centre's 20 staff members took pay cuts — up to $7 an hour in some cases — to keep the doors open this year, Turkovic said. The non-profit has entered an online competition, organized by Aviva Insurance, with hopes of winning $100,000 to $150,000. That money, Turkovic said, would be enough to keep the centre afloat for another year.

ANGELA MULLINS/METRO



▶ Michelle Huez, 16, with her daughter Sofia.

She said the people who took pay cuts or gave up contributions for their retirement plans did it "to keep the place open for the girls."

The teens attend an on-site school through the day, and many are nearly ready to receive their high school diplomas by the time they leave. Outside of their core classes, the young mothers get extensive schooling in "life skills" — learning how to take care of themselves, their babies and how to get back on their feet.

"I was living an extremely dangerous lifestyle. Every party, there'd be gunshots," said Evodi Bashangi, 17, who has a seven-month-old daughter. "Here, I don't need to be scared of anything." ANGELA MULLINS

How to vote

Bethesda Centre has made a bid for funding at avivacommunityfund.org:

- To vote enter 11946 in the search box and follow instructions.
- The 90 projects that get the most votes advance to the next round.

1 news

Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan the code for more.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

Tomorrow in Metro



Zombies are invading Metro! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead — and to find out what to do if and when they come to your city.

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ANGELA MULLINS/METRO



▶ Londoners Lilly Curtis-Norcross, 10, left, and Jayden Powers, 8, feed the ducks yesterday during Fall on the Farm at Fanshawe Pioneer Village.

Village marks harvest, season's end

Hundreds feast on homemade turkey Event aims to reconnect people with meaning of Thanksgiving



ANGELA MULLINS
@METRONEWS.CA

Fanshawe Pioneer Village capped off its regular season yesterday with a look at the work behind all those Thanksgiving Day spreads — the harvest.

Fall on the Farm gave people a taste of what October may bring in a village during the 1800s and early 1900s.

Those tastes included fresh-picked apples, green beans and turnips, harvesting honey from bees and, of course, lessons about the animals that gave villagers food for the tables.

The exhibit was aimed toward children with a special emphasis on teaching them about the work that went into preparing for the winter, said Julie Colfax, the village's site and program co-ordinator.

"Children ... don't understand where their food comes from," Colfax said.

The harvest festival — which also gave people a chance to tryout pastimes from days gone by — also marked the end of the Pioneer Village's season.

While regular hours won't resume until May, plenty of special events are on the books through the end of the year.

Those events include hair-raising haunted hayrides, some tamer trick-or-treat fun for kids and a Dickens Dinner closer to Christmas.

Fall events

▶ For a look at special fall and winter events planned at Fanshawe Pioneer Village, check out fanshawepioneervillage.ca.

For more news, visit metronews.ca/london

ANGELA MULLINS/METRO



▶ Brianne Allingham, 14, left, plays a game of giant checkers with her sister, Madison Allingham, 12, during Fall on the Farm at Fanshawe Pioneer Village yesterday.

Campaign raises Pap-smear awareness

To raise awareness of the importance of Pap tests, the Middlesex-London Health Unit has launched the Last Smear Campaign.

The event is tonight at 7 p.m. at the Central Library's Wolf Performance Hall, located at 251 Dundas Street.

Hosted by Louise Karch, the Last Smear Campaign features a presentation from cancer expert Dr. Louise Bertrand of the gynecologic oncology department at the London Health Sciences Centre.

It's estimated that 500 Ontario women will be diagnosed with cervical cancer this year.

Clinics

▶ For a complete list of Pap-test-clinic locations and times, visit FMWC.ca

Cervical cancer is almost entirely preventable through regular screening.

METRO

Employers, job seekers to unite

The South London Neighbourhood Resource Centre (1119 Jalna Blvd.) is hosting its second annual job fair Thursday from 9 a.m. to noon.

South London residents will have the opportunity to chart their career course, navigate the job-search process and meet prospective employers.

Last year, 38 employers and more than 350 job seekers participated. Organizers expect to exceed those number this year.

METRO

Two men sought in downtown murder

Friday-night shooting is London's fourth homicide this year Police urge public to get involved

ANGELA MULLINS
@METRONEWS.CA

CONTRIBUTED



David Arbuckle

Police are urging people to come forward with tips that could lead to arrests in connection with a Friday slaying.

The investigation into David Arbuckle's death was ongoing yesterday as police look for two men who were seen talking to the 20-year-old before he was shot near Wellington and Hill streets.

During the conversation, at about 7:15 p.m., one of the men pulled out a handgun and fired at Arbuckle, police said. Both suspects left the scene and headed south on Wellington. Arbuckle was pronounced dead a short time later at London Health Sciences Centre.

The suspect with the gun is described as white, 20 to 23 years old, about five-foot-five and 250 pounds. He has short brown or blond hair, effeminate mannerisms and was last seen wearing a loose-fitting grey T-shirt, loose jeans and white shoes, police said.

The other man being sought is black, 20 to 23 years old, five-foot-eight to six feet tall. He has short curly black hair and was last seen wearing a red shirt, possibly shorts and orange-and-red shoes.

Before Friday's shooting, the most recent homicide was that of Duy Van Nguyen, 31, who was found dead Aug. 12.

Tip line

- **Anyone with information** about David Arbuckle's death is asked to call police at 519-661-5670 or Crime Stoppers at 800-222-8477.

Fair. Weather



Melissa Schaafsma, 33, of London gives Ace a drink yesterday at the Stoney Creek dog park. Ace, a one-year-old boxer, and Schaafsma enjoyed temperatures that hovered in the mid-20s. Environment Canada is calling for similar weather today, with rain setting in tomorrow. Temperatures are expected to drop to the low teens by Friday.

ANGELA MULLINS/METRO

Lapping up the dog days of autumn

Rollover kills man, injures driver

A man is dead and another is in critical condition after a rollover Sunday on Imperial Road southeast of London. Provincial police say the driver tried to pass another car but veered onto the gravel shoulder of the oncoming lane and rolled several times. The 24-year-old passenger was ejected from the car and later died in hospital. Police say he wasn't wearing a seatbelt. **THE CANADIAN PRESS**

PLAYING WITH FIRE

Arsons being probed

Three early-morning fires yesterday were deliberately set, London police believe.

The first occurred at about 2:30 a.m. Police and firefighters responded to reports of a wooden fence on fire at Hamilton Road and Sanders Street.

Less than 30 minutes later, a vehicle was set ablaze in the driveway of a residence on Chelton Road. While emergency crews were dealing with that fire, they received a report about another vehicle on fire on Stuart Street. No injuries were reported.

Police suspect the three cases are arson, but have not said if they believe the same person was responsible. Anyone with information is asked to call police at 519-661-5670. **AM980**

Man in hospital after mugging

A young man is in critical condition after a violent street robbery on Saturday.

Police say the man and a woman in their late teens or early 20s were approached by three young men near Highbury Avenue North and Godfrey Drive at about 1 a.m.

After a brief conversation, one of the trio attacked the man, knocking him to the ground. He was eventually knocked unconscious and all three attackers ran away after taking a small amount of cash from him. He remains in hospital. The young woman escaped with minor injuries.

Police have charged London resident Shawn Hill, 19, with aggravated assault and robbery. **THE CANADIAN PRESS**

On the loose

- **Police are still looking for** two men in their late teens who are described as being of average build.

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U.K. going after forced marriages

British move outlined alongside measures to cut immigration rates

THE ASSOCIATED PRESS



"To force someone into marriage is completely wrong."
DAVID CAMERON, BRITISH PM

Forcing someone into marriage could be made a criminal act under possible changes to British law, Prime Minister David Cameron said yesterday.

Alongside moves aimed at cracking down on sham marriages used to cheat immigration rules, Cameron said he has asked interior ministry officials to discuss creating a new offence aimed at those who force people to marry against their will.

Currently, a potential victim of forced marriage can apply to a court for a protection order, which is intended to stop intimidation or violence and prevent someone from being sent overseas.

Although anyone breaching the order can be jailed for two years, the sanction is made under civil — not criminal — law and is rarely imposed. A panel of lawmakers found in May that only one person had been imprisoned under the legislation, which was introduced in 2008. THE ASSOCIATED PRESS

Sukkah. Celebration



▶ A woman from the ancient Samaritan community decorates a Sukkah made from fresh fruit for the holiday of the Tabernacles, or Sukkot, in Mount Gerizim, near the West Bank town of Nablus, yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Keeping ancient Samaritan traditions alive

The Sukkah is a temporary structure built for the Jewish holiday Sukkot, which the Samaritans will celebrate this morning. According to tradition, the Samaritans are descendants of Jews who were not deported when the Assyrians conquered Israel in the 8th century B.C. Of the small community of around 700 people, half live in a village at Mount Gerizim, and the rest in the city of Holon, near Tel Aviv.

Egypt military vows action after Copts attacked

Egypt's ruling military yesterday condemned a surge in deadly violence as an attempt to undermine the state, and warned it will act to safeguard the peace following a night of clashes that drew in Christians, Muslims and security forces.

The generals' strong words signalled the governing military council will tighten its grip on power, further infuriating activists who have demanded an end to army rule and a transition to democracy.

Egypt's Coptic church harshly criticized the government for its actions in crushing the protests and accused it of allowing repeated attacks on Christians to go unpunished.

In a statement, the Coptic Church, which represents about 10 per cent of Egypt's 85 million people, accused security forces of failing to stop anti-Christian agitators from turning what started out as a peaceful protest against church attacks into a sectarian riot in which at least 26 people, mostly Christians, were killed.

"Strangers got in the middle of our sons and committed mistakes to be blamed on our sons," the church said in a statement issued after its spiritual leader, Pope Shenouda III, met with 70 bishops.
THE ASSOCIATED PRESS

KHALIL HAMRA/THE ASSOCIATED PRESS



▶ Relatives of some of the Coptic Christians killed react after seeing the bodies in Cairo yesterday.

Fasting in U.S.

- The U.S. Coptic community is preparing for three days of fasting and praying to support fellow Egyptian Christians attacked by Egyptian authorities.
- Coptics in Michigan and California were heeding the call to participate in the mourning period starting today. The U.S. has about 300,000 Copts.

Sunken ship filled with silver found

A sea exploration company said it has discovered a ship filled with silver 2,400 metres beneath the surface of the North Atlantic Ocean. The British SS Mantola, which sank Feb. 9, 1917, could have been carrying silver worth $19 million.
THE ASSOCIATED PRESS

Shark suspected as swimmer disappears

Officials believe a shark attacked a 64-year-old man who disappeared while swimming in Australia.
THE ASSOCIATED PRESS

GETTY IMAGES FILE



▶ Great white shark.

Woman gives birth after marathon run

A pregnant Chicago woman felt contractions a few minutes after finishing the Chicago Marathon and gave birth hours later to a baby daughter. Amber Miller was nearly 39 weeks pregnant when she started the race on Sunday morning. THE ASSOCIATED PRESS

Boat sinks during family fishing trip

Coast Guard says rescued women wanted to know: 'Where are our husbands?' Treated for hypothermia

Seven members of a U.S. family, including a four-year-old girl, survived 20 hours at sea by clinging to their capsized boat and a small cooler after their vessel flipped during a fishing trip off the Florida Keys, officials said yesterday.

A 79-year-old mother of two of the rescued boaters, Zaida San Jurjo Gonzalez, was missing and presumed drowned.

The other women told rescuers they didn't have time to grab life-jackets for anyone except the girl when two waves suddenly flipped the boat off Long Key in choppy, rainy waters Saturday afternoon, U.S. Coast Guard Seaman Kendra Graves said.

Warnings

It wasn't clear if the boaters were aware of a small-craft advisory posted early Saturday.

- The advisory had warned of wind speeds of 37-61 km/h and seas 2.1 metres or higher as torrential rains poured over the Keys and South Florida.
- "They shouldn't have been out there," said Robert Dube, a spokesman for Florida Fish and Wildlife.

Jorge Alejo Gonzalez and the two other men tried to help his mother, but she went under the water within minutes, said Florida Fish and Wildlife Spokesman Robert Dube.

"He could not hold onto his mother and she went under," Dube said.

The boaters quickly drifted apart. The men held onto the boat. The three women and the girl clung to the cooler.

A commercial fisherman saw the capsized boat Sunday morning and rescued the men, Dube said. The women and girl were soon picked up by the Coast Guard, several miles from where the boat had capsized. "They were hanging onto the cooler. It was afloat but its main purpose was to keep them together," Graves said.

THE ASSOCIATED PRESS

Street. Stomp



▶ Thai mahouts ride their elephants through flooded streets yesterday in Ayutthaya, Thailand. Around 200 factories closed in this central province because of flooding, which is also posing a threat to Bangkok.

PAULA BRONSTEIN/GETTY IMAGES

Bangkok barricaded as floods near

Thai authorities are rushing to build sandbag barricades in Bangkok to protect it from floods that have already killed nearly 270 people across the country.

Hurricane threatens Mexican resorts

Hurricane Jova strengthened to a major Category 3 hurricane yesterday as it marched toward Mexico's Pacific coast, threatening the idyllic beach resort of Barra de Navidad and one of the nation's biggest cargo ports.

THE ASSOCIATED PRESS

201 Hurricane Jova's maximum sustained winds built to near 201 km/h yesterday.

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Leaking ship spawns eco-fears

- Around 30 tonnes of oil have seeped into waters off New Zealand
- Crews trying to prevent another 200 tonnes from polluting area beaches

Forecasts of heavy ocean swells yesterday thwarted marine crews trying to pull oil from a leaking ship stuck on a reef off New Zealand's coast, as fist-sized clumps of the fuel started turning up on a popular surfers' beach.

The Liberia-flagged Rena has been floundering since it ran aground last Wednesday on the Astrolabe Reef, about 22 kilometres from Tauranga Harbour, and the government has demanded to know why the ship crashed into the well-charted reef in calm weather.

The ship owner says it is co-operating with authorities in looking into the incident. The 236-metre ship has been leaking fuel, leading to fears it could cause an environmental disaster if it breaks apart.

Marine crews began an operation Sunday to extract some of the heavy fuel oil from the stricken ship — the equivalent of about 10,700 barrels. But they had to halt the pumping yesterday after managing to remove just 10 tonnes.

Clumps of the oil were found at Mount Maunganui beach, a favourite spot for surfers, according to Maritime New Zealand, the agency responsible for shipping in the region.

Because it's a cargo ship rather than an oil tanker, any spill would be small in comparison to disasters like the 1989 Exxon Valdez spill. But because the Rena is close to shore, the oil could still foul delicate estuaries in an area known for its pristine environment.

THE ASSOCIATED PRESS

The situation

- Mount Maunganui beach is on New Zealand's North Island, about 160 kilometres southeast of Auckland.
- About 200 people are working on the operation, and New Zealand's defence force has about 300 people standing by in case major beach cleanups are needed.
- At least eight sea birds have been rescued from an oil slick that extends about five kilometres from the boat.

SUNLIVE NEW ZEALAND/GETTY IMAGES



▶ This little blue penguin was found at Papamoa Beach, New Zealand, covered in oil after the Liberian cargo ship Rena hit a reef.

Dancing. For Queen



▶ Bhutanese students hold umbrellas as they practise a dance in Thimphu yesterday.

KEVIN FRAYER/THE ASSOCIATED PRESS

Bhutan prepares for new commoner queen

The dance is to be performed during the wedding festivities of King Jigme Khesar Namgyal Wangchuck and future queen Jetsun Pema. The 31-year-old reformist monarch of the small Himalayan kingdom will wed his commoner bride later this week. Western-educated Wangchuck is the fifth Druk Gyalpo, or king of the Land of the Thunder Dragon. Some of his subjects also refer to him as "The People's King."

Attacks leave drug dealers dead

China suspended shipping through Southeast Asia's Golden Triangle yesterday after attacks by suspected drug traffickers on two Chinese cargo ships left 13 people dead or missing on the Mekong River.

The bodies of 12 crew members were found near Chiang Rai in northern Thailand on Friday and Saturday after the ships were hijacked Wednesday, the China Daily newspaper reported. Another body was found in the same area early Monday, China's official Xinhua News Agency said.

Most of the victims had been bound and blindfolded with adhesive tape and shot, the China Daily reported. The crew included two female cooks, it said.

The Golden Triangle region, where the borders of Myanmar, Laos and Thailand meet, is notorious for the production and trafficking of heroin and other illicit drugs.

THE ASSOCIATED PRESS

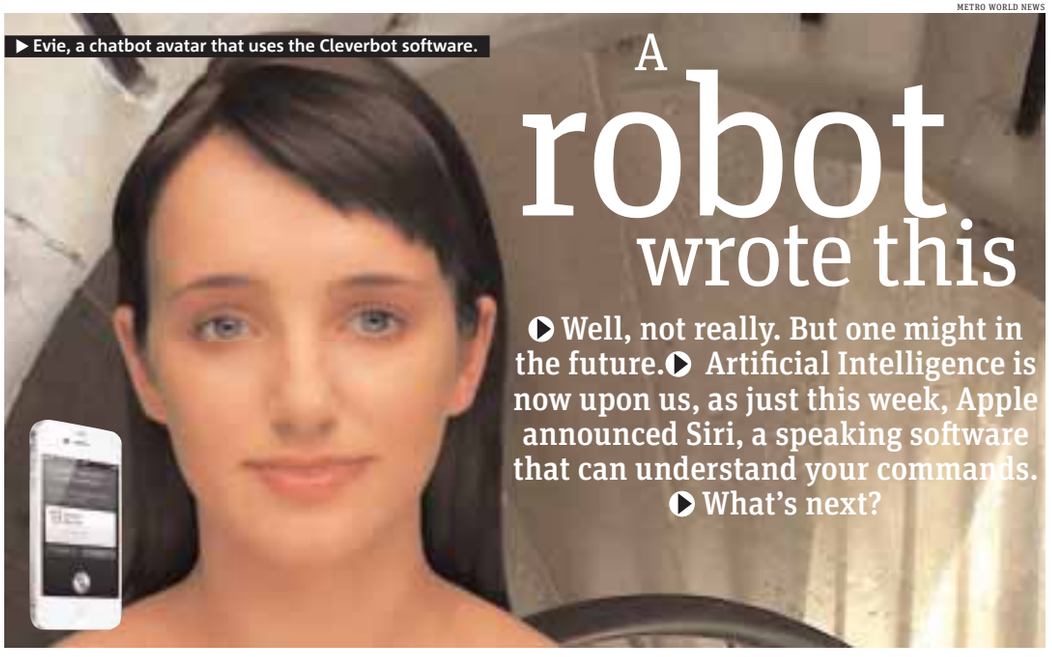
Pirates plunder cargo ship off Somalia

State TV in Italy says pirates attacked an Italian cargo ship carrying 23 crew members in waters off Somalia. It was not known if the pirates had boarded the ship or taken hostages.

Modern-day pirates flourish off largely lawless Somalia by attacking passing ships, taking hostages and demanding ransoms to free them and the vessels.

THE ASSOCIATED PRESS

METRO WORLD NEWS



▶ Evie, a chatbot avatar that uses the Cleverbot software.

A robot wrote this

Well, not really. But one might in the future. Artificial Intelligence is now upon us, as just this week, Apple announced Siri, a speaking software that can understand your commands. What's next?

ELISABETH BRAW
LONDON@METRONEWS.CA
METRO WORLD NEWS IN LONDON

She's everyone's favourite friend. Always there. No issue is too silly to discuss, and she always has kind, witty or unexpected answers.

That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them. "They (people) talk to her for hours, and then they email me and say 'Wow, that was the best conversation I've had today,'" says her creator, Rollo Carpenter, a British computer scientist.

Welcome to a world where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer simple questions, but they're getting smarter," explains Erwin van Lun, CEO of Chatbots.org.

To pass the industry benchmark, known as the Turing Test, a virtual human has to be so convincing that the user can't tell she's not a real person.

And virtual humans are becoming more human-like. Earlier this month Apple introduced Siri, a voice-recognition system that functions as an iPhone user's virtual assistant, scheduling appointments, looking up restaurants and providing gentle reminders all inside the iPhone.

In the future, predicts Carpenter, Siri-like virtual assistants will be our friends. "We may even have them implanted as a chip in our brains," he says. "You'll just be able to say, 'What was that movie I saw the other night?' and your friend inside your brain will tell you."

Tweets on Siri

@gattaca
Gattaca:
Can't wait for the Siri "questions from last night" website.

@davezatz
Dave Zatz:
Siri: Where is the iPhone 5?

@jowyang
Jeremiah Owyang:
How soon will see Tweets "Published by Siri"

@ironicsans
David Friedman:
Siri, open the pod bay doors.

@iamleeg
Graham Lee:
Siri needs drunk mode. "Siri, call my ex-girlfriend." "I'm sorry Dave, I'm afraid I can't do that."

@nsxdavid
nsxdavid:
Siri, are these the droids we are looking for?

@micodonoghue
Michael O'Donoghue:
"How do I hide the body Siri? How?!"

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
11,588.36 (Friday's close)	96.31¢ US (Friday's close)

Oil	Natural gas 1,000 cu ft	Gold
+ $2.43 US ($85.41 US)	$3.541 (+ 6.0¢)	$1,670.80 (+ $35.00)

Markets in Canada were closed yesterday for the holiday.

59.3%
of humans thought they talked to a human while they talked to Cleverbot during a Turing test last month.

TALK WITH CLEVERBOT

Developed by scientist Rollo Carpenter, this AI web app (cleverbot.com) learns from humans and talks back.

So Cleverbot, do you have friends?
Yes.
Who are your friends?
My friends are Lindsey, Josh, Kelby, and Dallas.
Which human would you like to befriend the most?
Female.
Computers like women? Are you sure that you are robot?
I'm not a computer, you are!
I am not a computer! I am a human. You are a Cleverbot.
No, I'm not.
So, who are you, a human?
Yes, are you?
I am human. How do you know that you are human?
I think therefore I am.
You may have a point there. Where do you live?
Michigan.
Oh, gosh. It must be boring.
Exactly. That is why I want to travel.
What are you thinking about now?
You.
That's flattering. What do you think about me?
I love everything about you.
What do you particularly love about me?
The fact that you always try.
What is love?
Love is something strange but good that you feel towards a person.
Have you ever been in love?
No.

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APPLE INC.

iPhone preorders set record

Apple says first-day preorders of the iPhone 4S topped 1 million, breaking the record set by last year's model.

Apple Inc. and various phone companies started taking orders for the phone last Friday. It hits stores this Friday.

First-day orders for the iPhone 4 were 600,000 when it launched last year. It was then sold in the U.S. only by AT&T Inc. The iPhone 4S is also sold by Verizon Wireless and Sprint Nextel Corp.

The base model of the iPhone 4S costs $200 with a two-year contract. It has a faster processor and an improved camera compared to last year's model.

Apple shares rose $9, or 2.4 per cent, to $378.80 in premarket trading yesterday.

THE ASSOCIATED PRESS

A 'macho' soda for men only

Dudes don't drink diet.

Or at least that's the idea behind Dr Pepper Ten, a 10-calorie soft drink Dr Pepper Snapple Group rolled out yesterday with a macho ad campaign that proclaims "It's not for women." The soft drink was developed after the company's research found that men shy away from diet drinks that aren't perceived as "manly" enough.



To appeal to men, Dr Pepper Ten drink has calories and sugar, unlike its diet counterpart, and will be wrapped in gunmetal grey packaging with silver. The ad campaign also goes out of its way to eschew women. For instance, there's a Dr Pepper Ten Facebook page for men only. And TV commercials are heavy on the machismo, including one spot that shows muscular men in the jungle battling snakes and bad guys.

The ads come at a time when overall sales in the $74-billon soft drink industry are slowing. Volume has fallen from slightly over 10 billion cases in 2005 to 9.4 billion cases in 2010, according to Beverage Digest data.

THE ASSOCIATED PRESS

Sporadic service for BlackBerry users

Large numbers of BlackBerry users across Europe, the Middle East and Africa were cut off from Internet and messaging services yesterday, phone companies in these regions reported.

BlackBerry maker Research in Motion Ltd. gave few details beyond a brief statement saying that customers were "experiencing issues," but telecommunications companies in the Middle East and Europe laid the blame at RIM's door.

The extent of the outage wasn't clear. Vodafone UK said that customers across Britain appeared to be unable to access BlackBerry Messenger, a free-to-use instant messaging program that has helped make the handset popular with young people.

BlackBerry Internet access appeared to be sporadic. Some users were able to send and receive messages, while others using the same service provider couldn't.

Among the companies reporting problems were Qtel Qatar, Etisalat in the United Arab Emirates, Dubai-based Du, Zain Kuwait, and the Bahrain Telecommunications Co.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER
METRO



I used to hate my surname.

I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-yer.

As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the name-change debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be the cultural norm here in Canada.

> **"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court."**

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family name."

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership surrounding the whole thing.

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

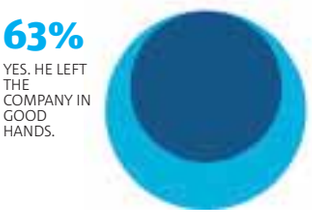
And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Can Apple survive without Steve Jobs?



63%
YES. HE LEFT THE COMPANY IN GOOD HANDS.

36%
NO. THE VISIONARY IS GONE.

Local tweets

- **@b_wils:** #LdnOnt is trending right now in Toronto ! Haha #London
- **@MadProgrammer:** Happy turkey day #ldnont. Had great dinner with in-laws and family. One year old ate like a champ!
- **@MikePMoffatt:** Need to seed the lawn this week. Any variety recommendations for hard clay, #ldnont climate?
- **@evabumbleb:** Packing for a blizzard, ready for #uwo boozeboganning
- **@dbillson:** Anyone in #ldnont know where you can find celery today? We forgot ours 3 hours north of here.
- **@CortneyAger:** Apple Picking #ldnont #thanksgivingfestivities
- **@salty9494:** @VIA_Rail should look into making direct trains from ott-ldn. None of this t.o transfer. #uwo + #guelph students would use alot. ud make $$$
- **@zaina_m94:** See ya in december, #toronto, I'm #uwo bound now.
- **@western_usc:** Happy Thanksgiving! We're thankful for all of you being a part of the #westernu experience #UWO

Letters

RE: John Mazerolle's column published Oct. 6, Let's talk birds and bees

While Mazerolle's article is already a somewhat pointless rehash of the tired and overdone issue of talking to teenagers about sex, he worsens the matter with his tactless and failed attempt at wit. In the print version of your paper he suggests warning boys off drinking and sex because this could result in relations with a fat girl and it could be all over the Internet by the following day. I noticed your online version had the decency to remove that paragraph but I was most offended by your print edition.

ELIZABETH DUNGAN, TORONTO

There seem to be a lot of letters being sent in regarding the column.

Have the people sending these in never heard of comedy? Honestly it is intended to poke fun at a subject, not to take it seriously. I happen to be an overweight woman and I did not find this article hurtful, ignorant, rude or offensive. Grow up and learn to take a joke.

When did we turn into a society that's so damn politically correct?

JACKI NORRIS, TORONTO

Gourd. Champ



▶ Leonardo Urena celebrates after his pumpkin won this year's Half Moon Bay giant pumpkin contest in Half Moon Bay, Calif. yesterday.

PAUL SAKUMA/THE ASSOCIATED PRESS

Photo of the day

The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-year-old man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl.

"Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged hit-and-run, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said.

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2 scene

Vanasse goes global

Quebec actress Karine Vanasse has her eye on the big-screen English language market
Roles in Canadian indie film I'm Yours and ABC's Pan Am are turning heads outside Quebec

NATHAN DENETTE/THE CANADIAN PRESS



▶ Francophone actress Karine Vanasse says her role in ABC's Pan Am is proving to be the key to her bid for global stardom.

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film I'm Yours.

But the lanky brunette says it's a small-screen role on the big-budget ABC series Pan Am that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about Pan Am — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's Polytechnique and the just-released bilingual comedy French Immersion.

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping to be known for more than just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's Happy Endings.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international appeal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial 24, which scored a healthy international fanbase with its mix of political espionage and family drama.

"24 is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do film (and was) useful in selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included The Girl Next Door, House of Wax and Old School.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something, I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great,"' Hamm said during a recent stop in Toronto to promote a big-screen romantic dramedy, Friends With Kids.

"That's kind of the world that we live in obviously — that entertainment is global now.

"It's not specifically one territory or another, necessarily."

Film and TV star Rob Lowe says he's still best known overseas for his movie roles, but adds his hit TV dramas The West Wing and Brothers and Sisters have increased his international profile significantly.

"Right now in Italy Brothers and Sisters is all anybody wants to talk to me about, same in France. In the U.K. all they want to talk about is The West Wing," noted Lowe, who currently co-stars on the NBC comedy Parks and Recreation.

"It's an unbelievable launching point for people that the world community has no relationship with."

Lowe notes there are also more and more international alliances being formed to fund movies, making the global appeal of onscreen talent all the more important when it comes time to sell the film.

"Partnerships as you see are the key everywhere now, I mean even big studios with gigantic coffers are looking to partner with other people," he said.

THE CANADIAN PRESS

"I did a movie in France last (year) ... and they already knew about Pan Am — it's been sold everywhere in the world"
KARINE VANASSE

Box office



Boxing robots are the undisputed champions at the weekend box office.
According to studio estimates Sunday, Hugh Jackman's Real Steel debuted at No. 1 with $27.3 million. George Clooney's political saga The Ides of March was the runner-up, opening at No. 2 with $10.4 million. Previous No. 1 movie, Dolphin Tale, slipped to No. 3 with $9.2 million.
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Father of Amy Winehouse has memoir due next summer.

AN ENTIRELY NEW WAY TO PROTECT YOUR HOME AND FAMILY

Rachel Bilson pours Hart into new series

O.C. actress takes on new role as a big-city-to-small-town doctor ● One-liners and wisecraks not left behind

Rachel Bilson has a secret weapon while working on her new TV show Hart of Dixie: producer Josh Schwartz.

Schwartz, who produces Dixie, was also the creator and producer of the teenage soap opera The O.C., which made Bilson famous. And she has guest-starred on Schwartz's NBC comedy Chuck and he cast her in a different pilot for that network in 2010 that didn't get picked up.

Bilson says she's so close to Schwartz he's like family. He's even married to her best friend. (She introduced the couple.)

"We do work really well together and he's so talented and I trust him more than anything. Before I take a new project I usually call Josh and I'll be like, 'What do you think?'" she said.

"It's really nice to feel that comfortable jumping into something new, having him by my side."

Bilson is also more comfortable on Dixie because she's got more experience under her belt.

"The O.C. I started when I was 21. Now being 30 years old and working on a show it's just different... you know the drill and it's kind of nice to step into a role and a job that you're very familiar with."

On Hart of Dixie, Bilson plays a driven New York City doctor named Zoe Hart who ends up moving to Alabama to work at a small town practice. It also stars Jaime King and Scott Porter of Friday Night Lights.

GETTY IMAGES



▶ Rachel Bilson

As Hart, Bilson delivers quick one-liners that are reminiscent of a trait that made her popular on The O.C.

She counts I Love Lucy as an all-time favourite show.

"If I can make people laugh it's my favourite thing. It's all I want to do," she said.

Bilson would like to push herself by taking on a period piece or a musical. As for musical talent, Bilson says: "I'm a little shy but I'm not tone deaf."

Hart of Dixie airs Mondays on the CW at 9 EDT.

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"It's really nice to feel that comfortable jumping into something new having him by my side."

RACHEL BILSON ON HART OF DIXIE PRODUCER JOSH SCHWARTZ

Off-screen style

Rachel Bilson is also known for her fashion sense.

- The actress pens a fashion advice column for In Style magazine and frequently makes best- dressed lists.
- "It's always kind of funny when people are like, 'Oh, people love your style.' It's just something that's natural for me. The fact that people like it is awesome."
- She's designed clothing and home ware for DKNY Jeans and Macy's and just co-launched a shoe e-commerce site.

DVD Releases

Buy it ●●●●● | **Rent it** ●●●● | **Borrow it** ●●● | **Yawn** ●● | **Don't bother** ●

The Tree of Life
Genre: Drama
Director: Terrence Malick
Stars: Brad Pitt, Sean Penn, Jessica Chastain
●●●●●
Think of it as a grand song, poem, prayer or even chant, but don't approach Terrence Malick's The Tree of Life as just another movie. It aspires to be far more than that, and it gloriously succeeds.

The film is nominally based around a troubled 1950s family in Waco, Texas, headed by an angry, disillusioned father (Brad Pitt), who is married to a sweet, naïve mother (Jessica Chastain). The O'Briens have three rambunctious sons, including elder lad Jack (bright new face Hunter McCracken), played as an adult by Sean Penn.

You also shouldn't expect a conventional narrative. The Tree of Life unfolds, rather, in a cascade of images that's closer to epic verse. In scenes ranging from the creation of the universe to an idyllic moment with dinosaurs on earth, Malick challenges the viewer to understand how humans — wrestling with nature versus grace — are just part of a much grander scheme.

Malick's new masterpiece crosses the boundaries of the picture frame and heads straight for the imagination — a journey we all must take.

There are no extras in this DVD release, but talk persists of a future special edition. ● PETER HOWELL


▶ The Tree of Life


▶ Horrible Bosses

Horrible Bosses
Genre: Comedy
Director: Seth Gordon
Stars: Jason Bateman, Charlie Day, Jason Sudeikis
●●● 1/2
Best buddies Nick (Jason Bateman), Dale (Charlie Day) and Kurt (Jason Sudeikis) just want to make a few bucks, get drunk and get laid. But they've all got horrible bosses who have driven them to desperate measures.

Dental assistant Dale is being sexually abused by his randy dentist boss, Dr. Julie, played by Jennifer Aniston, who has never been funnier. Kevin Spacey is truly hateful as psycho financier Dave, and Colin Farrell is hilarious as coke-snorting chemical heir Bobby.

But how should the put-upon wage slaves get rid of their loathsome overseers? Before you can say Mother—er, along comes murder consultant Dean Jones (Jamie Foxx) to help them plot their dastardly deeds.

Director Seth Gordon and a trio of writers keep the viewer guessing about the ultimate outcome of the murder plots, no small feat in a laugher as broad as this one. (So much scenery is chewed you'd think the set was beset by a plague of locusts.) This isn't murder most foul, but most fouled up. ● PETER HOWELL



INTRODUCING SMART HOME MONITORING FROM ROGERS

The doc is in

The Prince of Darkness dispenses his own brand of medical advice ◗ Talks about his fear of germs

PAT HEALY
SCENE@METRONEWS.CA

Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counselling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, Trust Me, I'm Dr. Ozzy.

The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice from one who has gone off the rails on a crazy train and lived to tell about it. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"



After reading your first book, I Am Ozzy, last year, it was amazing to watch the transition from somebody who spent a lot of time talking about feeling so alienated growing up to somebody who is comfortable dispensing medical advice to the masses.

I don't prescribe things to do with medication, or whatever. It's basically common sense. For instance, one guy wrote in and said, "I've just been prescribed this medication, and it says, 'Avoid alcohol when taking this medication,'" and he goes, "What should I do?" … I say, "Well, either you're a dummy or you do what the bottle says!" … Most of it is common sense, but every now and again people go, "I can't tell the doctor about this, he'll think I'm stupid." That's what they're there for!

Maybe it's the anonymity of writing to Dr. Ozzy?

Yeah, but the doctor isn't gonna go, "Oh, we've got one here who has got a pimple on his butt the size of … a dollar bill! Come on in here!" Doctors have seen far more crude things than I ever have and ever want to.

How do you decide when you're answering these questions if you're going to be silly or serious?

It depends on the question. … One guy goes "I'm constipated. I can't go to the bathroom." I just go, "You wrote me asking me about your constipation. If nothing works, you should really go to your doctor."

In this book, there is definitely a lot of stuff about, how did you phrase it? Going to the bathroom.

Oh yeah. I suppose the general public has a fetish with sh—.

There are points where the advice skews on the heavy side, like where somebody wrote in about mourning the death of a friend.

Well, that guitar player of mine died, Randy Rhodes. Grief is very weird. People go through it differently. You think of grief as feeling sad.

That is just one part of it. [My wife] Sharon and I at the time had an emotional blockage for a while. Sharon couldn't listen to a record, and acted like it never happened. … I strongly advise therapy. Being the alcoholic guy that I am — I was in rehab — and I know that you might mourn the loss of your best friend with alcohol. It's a process. … You drink alcohol as a medication, some people do, because you numb the feelings.

GETTY IMAGES



▶ Ozzy Osbourne has opened up to answering medical questions in his brand-new book, Trust Me, I'm Dr. Ozzy.

I was surprised to learn how much of a hypochondriac you are.

Oh, I'll catch a disease off the TV. If you scratch your nose more than once, I'm sitting there scratching my nose.

Ask the doctor

I thought I'd pose to Ozzy the same questions that were also asked to therapsie and columnist Jonathan Alpert. Try to guess who answered what.

▶ Is it normal that my cat is my best friend?

A) No, but if your cat is your best friend, great. He won't steal from you. He won't rip you off.

B) Depends. If your friendship with your cat prevents you from developing human ones, then no, it's not normal.

▶ Is it normal that I forget peoples' names and often can't remember where I parked my car?

A) Yes, it's normal. If, though, it's happening more and more then see your doctor. Stress can lead to forgetfulness. Do your best to manage it and stay organized.

B) My short-term memory is terrible. I'll go, "I put my watch down here, where … did I put my watch?" Or if I'm holding something I'll go, "Where did I get this … brush?" And I'm holding the f—ing thing.

Answers: 1) A=Ozzy, B=Alpert 2) A=Alpert B=Ozzy, obviously

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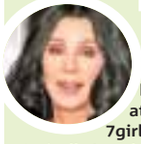
@MissKelly0

i have no idea how i did it but somehow woke up with my make up still perfect from last night! guess thats 1 thing



@simonpegg

Do we download certain info to the active parts of our brain each day post sleep? Every morning I get excited about the existence of coffee.



@Cher

Meantime I'm having big Girl party at my house! 7girls ! Eat'n Hysterically Laughing! Then downstairs 2 theatre watched Agora & played xbox



@SteveMartinToGo

"Protesters pepper sprayed" phooey. Actually, in finer restaurants in New York, "pepper milled."

Rowland was tired of 'little nuggets'



Singer Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmopolitan UK.

"The decision was 10 years in the making, so I'm comfortable talking about it," she says.

"It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them."

METRO

Harry turning heads in Cali

British prince creating some buzz during his trip to The Golden State

DAVID PARKER, WPA POOL/GETTY IMAGES



▶ Prince Harry

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana.

METRO

KEVIN WINTER/GETTY IMAGES



▶ David Boreanaz

Boreanaz at peace with demon?

David Boreanaz is looking on the bright side when it comes to the affair he admitted to having with Rachel Uchitel in 2010, calling the aftermath of his infidelity "a bonding experience, in the long run," according to TV Week.

"In a sacred ground like marriage, you find yourself out of it at certain times for reasons unknown that can be destructive," the Bones star explains.

"There could be a demon that kind of comes out and overtakes you."

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Brainwave scanner offers cheat-proof concussion test, aimed at sports leagues

The smoker vs the breathing guru

Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? We send her to a 'breathwork' session



ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Karin Wertemberg is a 26-year-old who has smoked five cigarettes a day for the last three years. She's tried quitting five times before but it didn't stick. Her habit has left her gasping for air when she walks up the stairs, although she considers herself otherwise healthy. So we sent her to Alan Dolan, a "breathing guru" who claims his "breathwork is a powerful and safe way to infuse the body with much needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing." Maybe he can help her breathe better.

Wertemberg had this to say about her session:

"Alan started by loosening up my back, which felt great. Then I started to feel this tinkling feeling. It started somewhere around the upper chest, going out in the arms and made my head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was like I couldn't breathe, or like having too much wine in one go. The sensation moved out through the arms and into hands and fingers. I could definitely feel some energy flow going around, which was quite scary. Apparently, it was all my own doing. I was told to hold my hands on the lower abdomen, keep my mouth open and inhale deep to inflate the lower tummy like a balloon, then release.

It was hard to keep the breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

I've smoked a bit less since the session, possibly because (of) the guru."

GETTY IMAGES



▶ Take a deep breath — cough, cough, cough.

What kind of breather are you?

If you ever took a science class, you know that breathing is an exchange of gas.

Cells use oxygen as fuel, expelling carbon dioxide as waste.

But there's a trick to doing it right, claims Alan Dolan, the breath guru.

"The key is to breathe deeply into the abdomen using the diaphragm to expand breath," he says.

Among the physical benefits is upping our breathing rates to 70 to 80 per cent and it delivers more oxygen to the lungs, improves energy levels, boosts the immune system and reduces stress.

"Most of us breathe in a disconnected fashion. We inhale, pause; exhale, pause. There should be no pauses, breath should flow," explains Dolan.

Once we get our breath flowing, we experience a change in the body's energy.

"Some 80 per cent of our energy comes from our breath."
ALAN DOLAN, BREATH GURU

Our breath can become synchronized via entrainment, a basic physics theory.

When there are two or more frequencies (breath) in the same area, the lower frequency matches the higher increasing the body's vibrational energy.

What type of breather are you?

Breathing through your upper chest agitates the autonomic nervous system and abdominal breathing relaxes it.

"Eighty per cent of people breathe through their upper chest, 20 per cent through their bellies," says Dolan.

"Upper chest breathers take in shallow breaths using their shoulders rather than diaphragm and are more likely to be anxious or stressed. Belly breathers don't go far up enough into the ribcage and upper chest."

The key to avoiding energetic imbalance is to be somewhere in between.

ROMINA McGUINNESS

Professionals face life crisis

Dr. Mehmet Oz speaks to Metro about a health issue affecting the young white collar class Get connected

MEREDITH ENGEL
LIFE@METRONEWS.CA

Dr. Mehmet Oz takes some time away from filming season three of The Dr. Oz Show to answer one big question for us.

What do you think is the biggest health crisis facing young professionals?

There's no question that there's a massive problem with loneliness. And I know that sounds like a weird first step. I could have picked obesity, which is a huge problem among the young but less so than it is as you get older. And I could have picked stress, but I think the main reason stress is such an issue for so many young professionals is because of loneliness that so many feel. And I think social networks have attempted to bring back the connections, but I don't think (they've) really addressed it like (they need) to.


▶ Dr. Mehmet Oz

What helps us make sense of suffering and discomfort is the people in our lives. They define our lives. And so if you're a young professional in America and you're having difficulty connecting, then you have less of a social network that supports you as these crises points hit us. Loneliness is across the globe a big issue. And I think, especially for the young generation, they're going to have to find those tools (to fight it.) It's not going to come through social networks by itself. It's going to take more than that.

Do people ever come up to you on the street and start asking you questions they'd normally reserve for their own doctor? How do you respond to that?

Oh, it happens all the time. And I never mind it. It takes me a minute, two minutes to give you some information that might give you confidence to do what you already thought you should do, or maybe change your mind about what you were going to do. And to me that's just a small thing to offer you and I'd much rather do that than take a picture of sign an autograph.

Best Health Minute

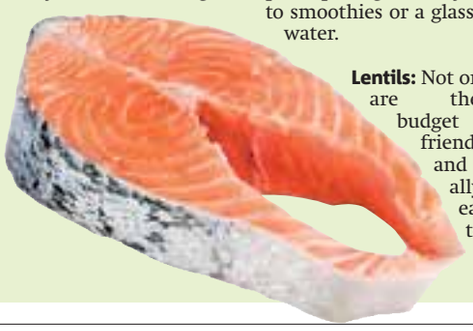


BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Four foods that fight breast cancer There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered dietitian Matthew Kadey.

Mushrooms: A recent study found that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.

Pomegranate: The seeds (also called arils) are high in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or a glass of water.



Lentils: Not only are these budget friendly and really easy to cook with, they are loaded with folate, fibre and lots of other nutrients that may help stave off breast cancer. Try them in tacos, or toss them with pasta and chopped fresh vegetables for an easy weeknight dish.

Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a salmon steak and have it with a lentil-pomegranate-mushroom stir fry on the side.

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PALACE THEATRE
Presented by Stratford Festival
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Presented by Stratford Festival

Mushroom & Squash Bisque



Preparation:

1 In microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave high, 10 mins. or until vegetables tender. Transfer half vegetables and half broth to blender; purée until smooth. Repeat with remaining vegetables and broth. Return to bowl; stir in milk and microwave on high 7 mins. NEWS CANADA

Ingredients:

- 1 tbsp (15 mL) butter
- 1 cup (250 mL) each chopped onion and carrot
- ½ lb (250 g) sliced fresh white mushrooms
- 2 cups (500 mL) peeled, cubed squash
- 3 cups (750 mL) chicken broth
- 1/2 cup (125 mL) evaporated milk
- ½ tsp (2 mL) salt

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Long live sophisticated eats at Che

- This Central American restaurant offers favourites such as empanadas
- Main lunch dishes need tweaking

PAUL MITCHELL



▶ Ropa Vieja ($11)

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA



A sophisticated Central American restaurant has opened downtown. New businesses face long odds of success, but Che looks to elevate Latin cuisine to a new level.

The long restobar offers elegant decor and a bright open space accented by wood and brick. The artistic setting portrays Latin influence without cliché.

Che's appetizers are inspiring. Ceviche Nikei ($11) of high-end tuna bathed in lime and tamarind, heightened with cilantro and jicama sees a hint of Japanese influence. Empanadas ($9) contain three different delectable chicken fillings, a great crust and incredible salsa.

My main of Ropa Vieja ($11) is not on the same level. The shredded chili flank steak is flavourful but in a tricky-to-eat mound. For lunch, it is too heavy along with tasty rice and beans. My guest's Pork Adobo ($11) is similarly hefty. Not as elegant as the appetizers.

Surprisingly affordable, Che impresses with its design, menu and modern ambiance but needs to fine tune its choice of main courses.

Che Restaurant
225 Dundas (at Clarence)
519-601-7999
cherestobar.ca
Hours: Mon to Wed (11:30 a.m. - 9:30 p.m.), Thurs to Sun (11:30 a.m. - 11 p.m.)
Reservations: No
Client negotiations: Yes
Co-worker lunch: No
Social lunch: Yes
Quick solo lunch: No
Price range: $8 - $12
Rating: 4.5 out of 5

DOWN RE: PAYMENTS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Saving for a down payment in a chequing account or hiding cash in a safety deposit box are counterproductive; they earn little to no interest and are too easy to dip into. The best approach is to start saving well in advance using savings vehicles that earn interest, but don't put your funds at risk.

Start thinking about how much you'll need for a down payment. Experts recommend having at least 20 per cent of the home's value. Financial institutions will accept less than 20 per cent down payment but, you'll pay a premium for an insured mortgage through Canada Mortgage and Housing Corporation (CMHC). Check out the insurance rates at cmhc-schl.gc.ca.

Let's say you plan to buy a $200,000 home in three years and you'd like to save 20 per cent down payment, or $40,000. There are two savings approaches: first; invest regular monthly amounts by having money automatically transferred from your bank account on payday; or second; invest lump sums each year.

Saving monthly works well when you've got a fixed budget. In this example, you'd need to tuck away $1,111 per month for 36 months. Saving in lump sum contributions works well when you receive annual bonuses, tax refunds, etc.

Unfortunately there's no easy way to save for a down payment. It takes hard work, determination and frugal living. But, the act of saving helps you form healthy financial habits which you'll need once you're a home owner.

Find security in cash

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



With the Canadian market officially in bear territory last week, down 20 per cent for the year, and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride this one out? I have one. Cash.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat. Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to comparison-shop. For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday. But there's a little known alternative called third-party GICs.

They are issued by other financial institutions such as credit unions and also available through your brokerage. The top one-year rate I found was 1.75 per cent for an AGF Trust GIC. There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan to hold them until they mature, otherwise you will loose some or all of your interest. There are cashable GICs but they offer lower interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF.) ETFs are investment products — not mutual funds — that simply track an index. They are cheap and transparent.

ISTOCK



▶ Alison's money rule: In times of turmoil a guaranteed return is something to love.

The Claymore Premium Money ETF is listed on the Toronto Stock Exchange, ticker symbol CRM, and has a management fee of just 0.25 percent.

You can set up an automatic purchase plan with Claymore to avoid paying a trading commission with each purchase. Go to claymoreinvestments.ca and click on PACC (pre-authorized cash contribution.)

The current yield on CRM is about 1.1 per cent. Not as good as you'd get from a locked-in GIC but you can make small purchases monthly and the yield will rise in lock step with rates. If you need more information, call Claymore, 866-417-4640.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.



FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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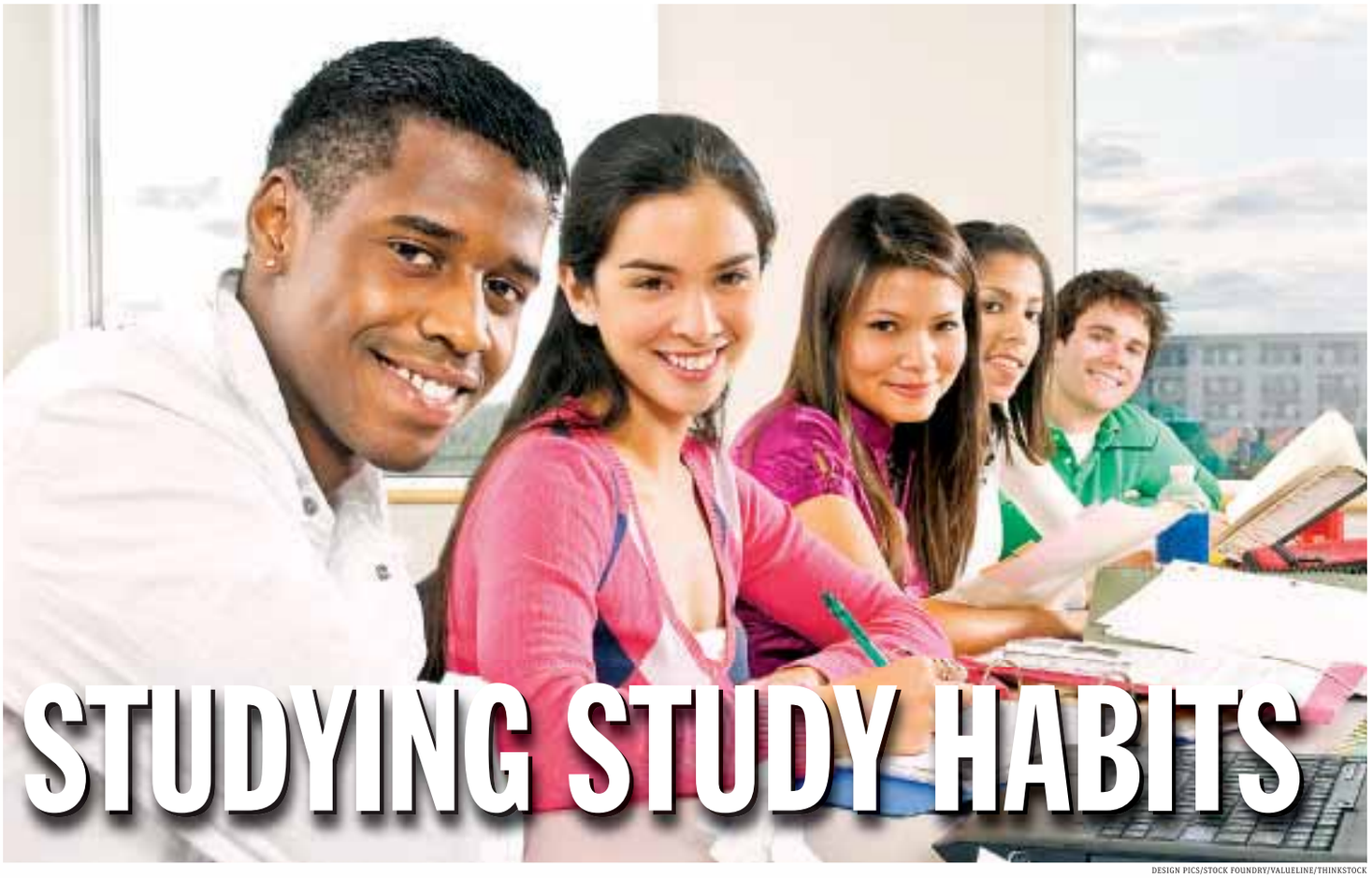




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Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who "can't" learn a subject like chemistry. "They need to have the right attitude and think they can learn the material," she says.

If you struggled in a subject previously, you will find it difficult in the future — but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment.

Check out the class's learning objectives or sample exams and focus on that material. If that isn't available, just ask the instructor if you are studying the correct material.

"I see far too many students just reading over their notes or textbooks and thinking, 'I'm ready because I read all of this stuff,' and they weren't actually practising on the same kinds of tests that they're going to be given on the exam," she says.

Connect the new material to what you already know via "concept maps" that brainstorm how, say, electro felicity relates to nuclear felicity. Summarize the info and then write down everything you know related to the key concept.

The process takes you to understanding from remembering.

The last big step is knowing what you know. "All people are really bad at this," Stewart says.

Look at past tests and take it as evidence of what you don't know. Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students.

– Jon Tattrie

MANAGE TIME WISELY

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. "In high school, they're not on their own," she says, because teachers and parents play a bigger support role. At university, you're largely on your own. "We offer a lot of these (time management) sessions for students and they procrastinate and don't go," she says. Sign up today.





STATE-OF-THE-ART

ST. CLAIR COLLEGE PHOTO

ST. CLAIR COLLEGE OFFERS LEADING-EDGE HEALTH PROGRAMS

A new, state-of-the-art building recently opened at the Centre for Applied Health Sciences at St. Clair College, as well as the addition of three new programs that are in big demand and boast some of the highest simulation available in the industry, with brand new equipment, including 3-D medical mannequins, paperless record-keeping, computer applications, computer software and digital X-rays.

Equipment in the new facility has been upgraded to leading-edge standards that you won't even see in some hospitals today. "We are trying to give our students the most technical and hands-on experience to whatever they're going to find out there in the workforce. We try to train them the best that we possibly can, to really adapt and have at least seen or touched everything that's possibly out there," says Dr. Ken Blanchette, chair of Health Sciences.



ST. CLAIR COLLEGE PHOTO

The college is now able to gather all of its health-care disciplines within one area in order to develop an interdisciplinary professionalism for their students. "And the way you do that is give them the best facility, the best professors, the best equipment, and the time that they need," says Blanchette. "The extra lab time and space and the environment that they need — give them their own complete building, solely for labs and learn that professionalism right from Day 1.

Everything is as modern as we can get it and the reason is, we want to make our students so highly trained in these areas that when you get to the clinical placement they're ready, they've either seen it or they've experienced it hands-on," explains Blanchette.

His long-term vision for the school is, "When it comes to hiring a student, that the hiring manager is flat-out saying, 'Pull the St. Clair grads out, I want to see them first.'"

GO GREEN AT ST. CLAIR COLLEGE

St. Clair college has introduced a new Sustainable Energy Technician program, a two-year diploma for individuals wishing to enter the rapidly growing field of green energy.

Mark Benoit, chair of academic studies at the Chatham campus, explains a unique method to derive energy from biomass: Waste streams and agricultural products that benefit the needs of the greenhouse industry.

"Right now we recycle a lot of cardboard and we have the equipment here, it's called a hammer mill, that will grind up cardboard then feed it to a palletizing mill that will then turn it into small pellets or something that would look like hamster food.

"The greenhouse industry could then burn those pellets in a continuous feed furnace in order to heat the greenhouse and so it's turning the cardboard, which would be difficult to manage, into a product that could be easy to manage and also becomes a fuel source that would've been a waste stream.

"What we're seeing over southwestern Ontario is farmers beginning to grow crops that are being harvested and put through this equipment to turn them into pellets to use as a fuel source, so they refer to it as purpose grown crops for energy."



ST. CLAIR COLLEGE PHOTO

ST. CLAIR INTEGRATES ROBOTS

St. Clair College has added a new 17,000-square-foot trade and technology facility at its Chatham campus that will house five exciting new programs.

One of these is the Electromechanical Engineering Technician in Robotics program. In response to the needs of industry, the college has purchased three new industrial robots, including a six-axis spider robot that can articulate in multiple directions and is able to perform very precise work.

Mark Benoit , chair of academic studies at the Chatham campus, explains. "The automotive industry has taken quite a hit in southwestern Ontario, so we're getting calls now from other companies that are beginning to integrate robots into their businesses and are looking for individuals who know how to set them up, program them, troubleshoot them and even the reconfiguration of the line to do a different type of function."

These are the same machines that graduates would experience in today's modern industrial workplace. "Students will learn how the robots operate, how to troubleshoot them, how to program them, how to do robot vision, which is the piece of the integration of how the robot can perform on the line," says Benoit.

Another new program, Powerline Technician, is designed to teach individuals to become linemen to fulfil a growing need in the electrical industry. According to local utility companies, the average age of a lineman is 56 years old.

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DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Dear Andrea and Claire, I'm a good-looking deaf man who enjoys going to pubs and nightclubs. I can't hear or speak clearly, but I can read lips fairly well. Very few women I meet know sign language, but I don't only look for someone who can. When I go out, I get attention from women, but I'm not able to ask them for a dance or offer to buy a drink. Do you think that women are afraid to talk to deaf men? Deaf Romeo

Claire: Dear Deaf Romeo,

You sound like you have something that many hearing men don't, and that is courage.

Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet someone while you're doing something you love?

Not only will you increase your chances of meeting a woman with whom you have something in common, but she'll see you at your best, and as an expert at something.

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again and let us know how it goes!

Andrea: Dear Deaf Romeo,

In my experience with the male pick-up artist, appearances and even personality do not determine success.

Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guys who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a woman is transmitted wordlessly.

So perhaps you need to look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do you see your deafness being?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Date Night



▶ Forget about an island resort. Instead, try a fancy hotel in your own city.

Ideas for your next date

1 Dive in!
Can't afford a fancy beach getaway? Pretend at a local hotel. Fancy yourself at that exclusive couples resort by booking a pool day pass at a high-end hotel in your city. Swim, sip cocktails, smooch. Repeat.

2 Make a song together
Write your own sweet tune. You don't have to be John Lennon and Yoko Ono to enjoy this date night idea. Borrow a friend's guitar or keyboard and pluck away at a mushy song that speaks to your special love.

3 A ducking good time
Pick up a loaf of bread at the store and head to your local park to feed the ducks. Your partner's inner child will be out quicker than you can say "quack"! Also cool: This feel-good date costs next to nothing.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

Letters of love on your big day

The task assigned by the minister ahead of our May 1999 wedding seemed simple enough: a letter from each of us telling why — out of all the possible people in the world — we had chosen to marry each other.

The answer, too, seemed simple: love, of course.

"But you can't use the word love," Rev. Constance Redding Sidebottom said. "That makes it too easy."

Sidebottom, 68, a retired United Methodist minister and my aunt, always asks couples for wedding letters, and is certain they have transformative power.

"Often weddings are for show," said Sidebottom in Polson, Mont.

"The sacredness is removed by the glitz and the money spent. But when couples are asked to write the letters, they often move to a deeper place. Their effort to be honest and genuine for one another is honoured by God and made holy."

Beyond the ban on the word "love," Sidebottom has other rules about the letters, which she reads out loud during the ceremony.

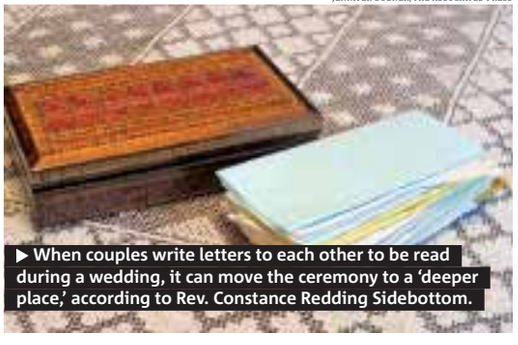
Bride and groom are forbidden from sharing their letters with each other ahead of the wedding, and Sidebottom won't officiate without receiving them.

Over her 11 years of full-time ministry, not one person has failed to write the letter, although some have cut it close, Sidebottom said.

One groom delivered his to her door at 7 a.m. on the day he was to be married.

"Every single bride and groom says they agonize over writing the letters because they understand how important they are," Sidebottom said.

JENNIFER DOBNER/THE ASSOCIATED PRESS



▶ When couples write letters to each other to be read during a wedding, it can move the ceremony to a 'deeper place,' according to Rev. Constance Redding Sidebottom.

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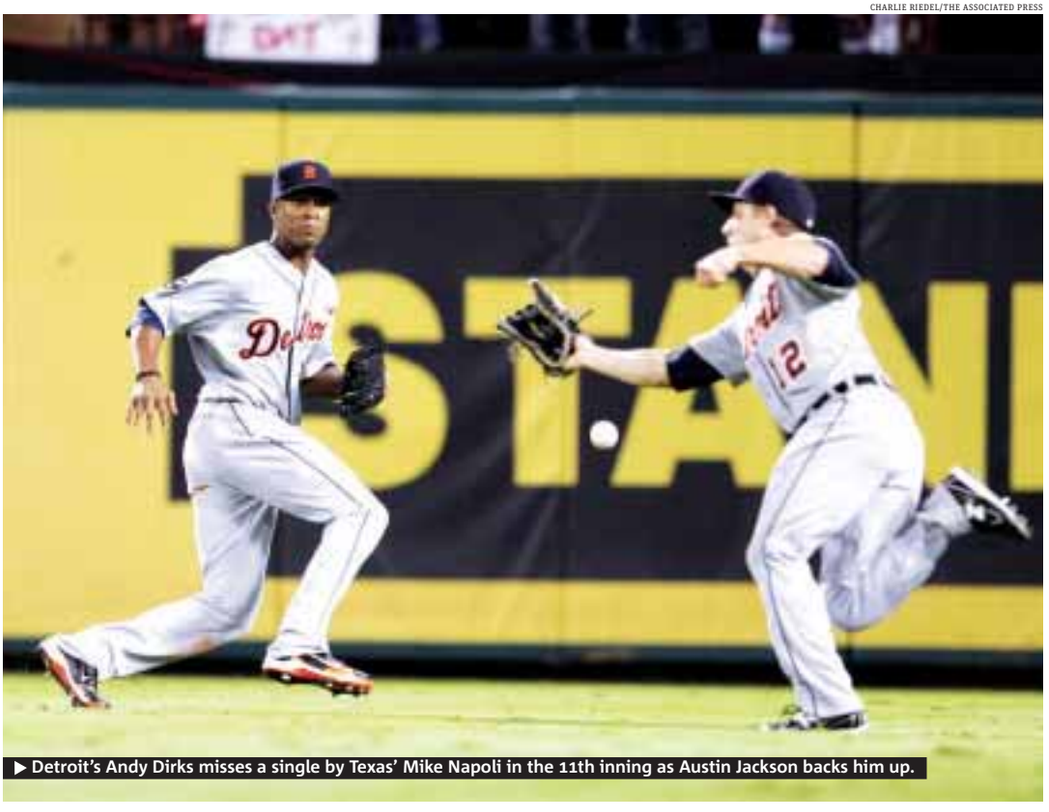


Tigers drop another one

Rangers win with 11th-inning grand slam to take 2-0 lead in AL championship series

RANGERS	TIGERS
7	3

CHARLIE RIEDEL/THE ASSOCIATED PRESS



▶ Detroit's Andy Dirks misses a single by Texas' Mike Napoli in the 11th inning as Austin Jackson backs him up.

Nelson Cruz hit the first game-ending grand slam in post-season history, lifting the Texas Rangers over the Detroit Tigers 7-3 in 11 innings last night for a 2-0 lead in the AL championship series.

Cruz also hit a tying home run in the seventh inning. His second homer of the game was a high drive to left field off Ryan Perry with nobody out in the 11th, and came after a misplay in the Detroit outfield loaded the bases.

Cruz connected for the fourth grand slam in the playoffs this year. Ryan Roberts and Paul Goldschmidt of Arizona and Robinson Cano of the Yankees also hit them.

STATS LLC confirmed that Cruz's shot was the first slam to end a post-season game — with a postscript. Robin Ventura sent a tiebreaking drive over the fence to finish a New York Mets victory against Atlanta in the 1999 NLCS, but was swarmed by teammates between first and second.

Ventura never made it around the bases and was officially credited with a single. His 15th-inning drive for a 4-3 Mets win in Game 5 came to be known as "the grand slam-single."

The Tigers and Rangers both blew bases-loaded chances in the ninth. Texas shortstop Elvis Andrus made a juggling, over-the-shoulder catch in shallow centre field on a flare by Victor Martinez, cradling the ball against his chest to end the inning. Andrus and Texas part-owner Nolan Ryan each flashed a sheepish smile.

In the Texas ninth, Detroit first baseman Miguel Cabrera started and ended a nifty double play on Mitch Moreland's sharp grounder. David Murphy hit a flyball to shallow left for the first out, keeping the bases loaded.

Texas relievers combined for 8⅓ scoreless innings, starting the string shortly after Ryan Raburn's three-run homer off starter Derek Holland put the Tigers ahead 3-2 in the third.

Game 3 is tonight in Detroit.

THE ASSOCIATED PRESS

As deadline looms, NBA talks resume

Facing a Monday deadline to reach a deal or have regular-season games cancelled, NBA owners and players have resumed talks toward ending the lockout.

Commissioner David Stern said last week he would cancel the first two weeks of the season without an agreement on a new labour pact.

Opening night is scheduled for Nov. 1.

Top negotiators for both sides returned about 14 hours after ending talks Sunday night. They are still apart on the main issues of the division of revenues and the salary cap system, with many lesser items not even discussed.

$350M

A union estimate of how much players would lose during each month of a lockout.

Owners locked out the players July 1 when they couldn't reach a deal before the expiration of the old collective bargaining agreement.

The revenue split has been such a headache that the sides didn't even discuss it Sunday night. Players were guaranteed 57 per cent of basketball-related income in the previous deal and have proposed going as low as 53 per cent.

THE ASSOCIATED PRESS

TEBOW OR NOT TEBOW?

Broncos to reveal starting QB today

John Fox is going to wait a day to announce his starting quarterback.

The Denver Broncos coach gave his players the day off yesterday and didn't want to let everyone else know before Tim Tebow or Kyle Orton finds out.

Tebow replaced Orton and energized the Broncos and their fans before coming up short in a 29-24 loss to San Diego on Sunday.

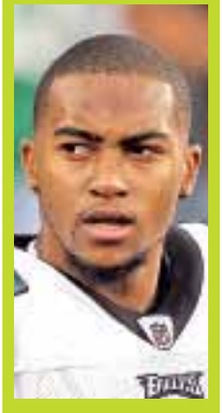
Despite his flawed footwork and trouble handling the snaps from centre J.D. Walton, Tebow threw for a touchdown and ran for another in nearly erasing a 16-point fourth-quarter deficit.

Fox insisted he didn't even know himself who his quarterback will be. He said he would meet with his staff and review the film yesterday, then reveal his decision when his players reconvene today.

THE ASSOCIATED PRESS

4 sports

Quoted



"At 1-4 right now, this isn't a great feeling, especially for a team like us and we've just got to figure it out."

PHILADELPHIA EAGLES RECEIVER DESEAN JACKSON. THE EAGLES ARE 1-4 FOLLOWING A 31-24 LOSS AT BUFFALO ON SUNDAY AND THEIR SUPER BOWL EXPECTATIONS HAVE BEEN REDUCED TO A MERE FANTASY.

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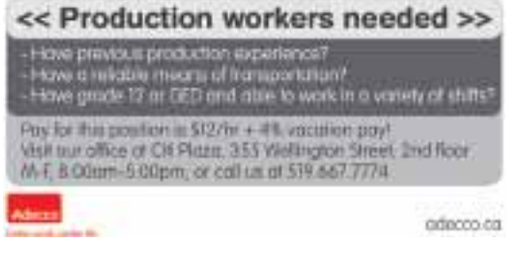
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General Help

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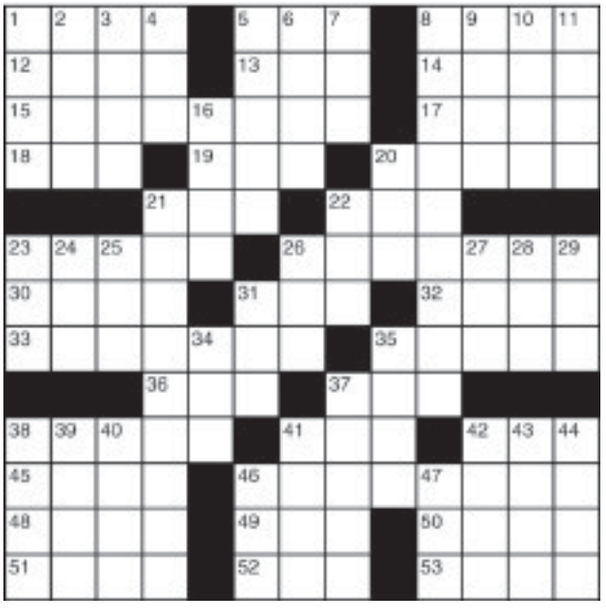
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Crossword



Across

1 Sculpting medium
5 1/6 fl. oz.
8 "— on first?"
12 Tittle
13 — carte
14 Apiary structure
15 Jungle-like
17 Persia, now
18 Shrill bark
19 Cage component
20 Refine ore
21 Cauldron
22 Two, in Tijuana
23 Chef's garb
26 Broadway presentation
30 Authentic
31 14-Across dweller
32 "The Da Vinci —"
33 Like sorcery
35 "Humpty Dumpty — a wall"
36 Yank
37 Aviv lead-in
38 Denude
41 Dopey companion?
42 "I — Camera"
45 Ice cream shop abbr.
46 Upright
48 Sills solo
49 Type measures
50 Bride's concealment
51 Think (over)
52 Sticky stuff
53 Whirling water

Down

1 Urban area
2 Actress Loughlin
3 On
4 Mouth, slangily
5 Implied
6 Thick chunk
7 Chum
8 Capricious
9 Employ
10 Elliptical
11 Faxed or emailed
16 Pressing need?
20 "Help!"
21 Governmental
22 Payable
23 Branch
24 Pod occupant
25 Tatter
26 Funnyman Brooks
27 Barracks bed
28 Commotion
29 Author Deighton
31 Satchel
34 Coffee holder
35 Denomination
37 Human trunk
38 Con game
39 Via, for short
40 Disturb
41 Showroom sample
42 Scored 100 on
43 Hotel staffer
44 Partner in crime
46 — out (relax)
47 "— Got a Secret"

▶ Friday's answer

J	A	M	B	S		S	A	W		T	N	T
A	B	O	R	T		I	F	I		W	O	E
M	A	N	I	A		L	A	N	T	A	N	A
		T	E	M	P	E	R		R	I	C	K
A	G	A		P	A	N		M	A	N	E	S
M	I	N	E		S	T	R	A	D			
P	L	A	N	E	T		A	V	E	S	T	A
			L	O	A	D	S		S	M	O	G
C	A	B	I	N		O	P	S		E	Y	E
A	V	E	S		S	T	Y	L	E	T		
S	A	N	T	A	N	A		I	M	A	G	E
K	I	N		L	A	G		D	I	N	A	R
S	L	Y		A	P	E		E	R	A	S	E

Sudoku

2			9	4				1
	4					3	2	
	9			2	7			8
					1			7
		7				6		
8			5					
3			6	1			8	
	1	2					5	
5				3	4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

5	1	4	8	7	3	9	6	2
8	3	7	2	9	6	1	5	4
9	6	2	4	1	5	7	3	8
6	8	5	9	2	1	4	7	3
2	7	9	3	5	4	8	1	6
1	4	3	6	8	7	2	9	5
4	5	1	7	3	2	6	8	9
7	9	6	5	4	8	3	2	1
3	2	8	1	6	9	5	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

girl
Thank you for such a beautiful weekend. You know, when you asked me what I was most thankful for, I made a stupid joke.. but the truth is, what I'm most thankful for more than anything, is our love. It will flourish for as long as the second hand ticks. You are mine for all of time.
FROM YOUR GUY

Matt
I still think about you all the time. I hope I get to see you on Monday if not have a good Thanksgiving.
FROM R

O hi
Happy dolphins n rainforests said hi to you:):) LOL..look after yourself pl. Thanks for being so wonderful
FROM CHEERS



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Some people believe that might makes right, but you know better.

♉ Taurus April 21-May 21 The important thing now is knowing when to work with other people and when to work against them.

♊ Gemini May 22-June 21 You could win big today, but you could just as easily lose everything. Think before you act.

♋ Cancer June 22-July 22 Employers and other important people can see you mean business. That's good.

♌ Leo July 23-Aug.23 You will be easily provoked today, especially if you think that someone is taking liberties at your expense.

♍ Virgo Aug. 24- Sept. 22 Stick to your principles, even if by doing so you lose out financially.

♎ Libra Sept. 23-Oct. 23 Some individuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.

♐ Sagittarius Nov. 23-Dec. 21 No one expects you to be perfect, so don't expect it of yourself. You may have to hold up your hand and admit you made a mistake, but what of it?

♑ Capricorn Dec. 22-Jan. 20 You will have to deal with other people's bullying tactics today.

♒ Aquarius Jan. 21-Feb. 18 Do not allow minor events to upset you emotionally. Surround yourself with happy people.

♓ Pisces Feb. 19-March 20. If you splash out on a whim now you are sure to regret it when the bills come due at the end of the month.

SALLY BROMPTON

Caption contest

REED SAXON/THE ASSOCIATED PRESS



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